

# CBT for Mood and Anxiety Disorders

**Providing Resources, education and clinical support to enhance the ability to change the way to think, feel and act**

## Who is the program for?

This program is useful for people who want greater control over their depression, anxiety or bipolar disorder through application of proven Cognitive Behavioural Therapy (CBT) techniques.

## Program content

- What is a mood disorder?
- The thinking-feeling connection
- Identifying self-talk
- Challenging our beliefs
- Cognitive restructuring
- Behavioural activation
- Monitoring moods
- Maintaining gains and staying well

## About the program

This program provides a structured application of proven Cognitive Behavioural Therapy processes. It contains focused cognitive restructuring activities that are known to help manage mood disorders and lessen the severity and duration of episodes. The behavioural component of this course assists with helping people re-engage with living in helpful ways. Participants also learn how to track and monitor mood fluctuations to help gain insight and control over their illness.

## When is it held?

This group program is held every week for eight weeks.

8:30am - 9:00am Registration and sign in  
9:00am - 12:15pm Group program  
Morning tea is provided.

Contact Deakin Private Hospital's reception on 02 5114 8100 to find out which days this group is offered.

## How to join

Patients interested in attending this program will need a referral to a psychiatrist with admission rights to Deakin Private Hospital.

## How much does it cost?

Patients are admitted as a day patient and as such, can claim their attendance via their health fund or Workcover. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with Deakin Private Hospital.